

Oil Turban

Proper use of an oil turban:

1. Shampoo your hair with the shampoo recommended by your Family Dermatology doctor. Rinse but do not dry.
2. Rub in a few ounces of olive oil, available from your pharmacy or from the grocery store.
3. Wet two towels in hot water and wrap them around your head.
4. Cover the towels with a plastic shower cap. Leave on for half an hour.
5. Shampoo, rinse and dry your hair.
6. If your doctor has prescribed a medication, rub it in.

Repeat this treatment as often as directed by your doctor.

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